

# Frequently Asked Questions

## What is Livongo for Diabetes?

The Livongo for Diabetes program helps make living with diabetes easier by providing you with a connected meter, unlimited strips and lancets and coaching.

## My doctor says I have prediabetes or am at risk of developing diabetes. Is Livongo for Diabetes a good fit for me?

**No**, Livongo for Diabetes is designed to support individuals diagnosed with type 1 or type 2 diabetes.

## Will I really receive all the strips and lancets I need?

**Yes!** No matter if you check once a week or multiple times a day, with Livongo, you receive all the strips and lancets you need at no cost to you.

## Is this really no additional cost for me? How can that be?

**Yes!** Livongo is being offered at no cost to you. Shipping is included, too. You are not billed anything for signing up for Livongo.

## How do I join?

It's easy and takes only a few minutes! Visit [Join.Livongo.com/SOUTHDAKOTA/register](https://Join.Livongo.com/SOUTHDAKOTA/register) and answer a few easy questions about you and your health to register. Next, download the Livongo app and log in. You may also enroll by calling Livongo Member Support at **800-945-4355**.

## What happens after I join?

After you enroll, you will be shipped the Livongo Welcome Kit that includes the Livongo meter and all the strips and lancets you need to check your blood sugar. You will receive access to the Livongo member website, **My.Livongo.com**, where you can personalize the program and access your readings.

## Can I cancel my membership?

**Yes**, you can cancel at any time for any reason. Just call Livongo at **800-945-4355** or email [help@livongo.com](mailto:help@livongo.com).

## Is my information confidential?

**Yes**, you can view our full privacy statement by visiting [Content.Livongo.com/docs/privacy\\_practices.pdf](https://Content.Livongo.com/docs/privacy_practices.pdf).

## How do I reorder strips and lancets?

You can reorder strips and lancets in four ways:

1. Through your member website at **My.Livongo.com**
2. Through your Livongo meter
3. Through the Livongo mobile app
4. By calling Member Support anytime at **800-945-4355**

## What kind of credentials does my Livongo coach carry?

Livongo coaches hold a variety of nationally recognized credentials and certifications to support members. Some are dietitians or registered nurses, while others are behavioral psychologists or exercise physiologists.

## How often will I receive communications from Livongo, and how can I adjust the frequency or opt out?

Frequency varies depending on the preferences you've set for your account. You can customize what out-of-range readings a Livongo coach should contact you about by logging in to your account at **My.Livongo.com** and visiting the "Support" tab on the left panel of your dashboard. You can opt out of communications by logging in to your account and visiting "Notifications" in the drop-down menu located at the top right of the screen.

**Visit [Join.Livongo.com/SOUTHDAKOTA/register](https://Join.Livongo.com/SOUTHDAKOTA/register) to get started.**

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [bienvenido.livongo.com/SOUTHDAKOTA](https://bienvenido.livongo.com/SOUTHDAKOTA)

The program is offered at no cost to you and your covered spouse/dependents 13+ years old with diabetes and coverage under your Wellmark Blue Cross and Blue Shield plan. Wellmark Blue Cross and Blue Shield of Iowa, Wellmark Health Plan of Iowa, Inc. and Wellmark Blue Cross and Blue Shield of South Dakota are independent licensees of the Blue Cross and Blue Shield Association. Blue Cross®, Blue Shield® and the Cross® and Shield® symbols are registered marks of the Blue Cross and Blue Shield Association, an Association of Independent Blue Cross and Blue Shield Plans. Wellmark® is a registered mark of Wellmark, Inc. Livongo Health, Inc., a wholly owned subsidiary of Teladoc Health, Inc., ("Livongo") is an independent company providing diabetes prevention and diabetes management services to Wellmark customers.